

6, Bridgford Road,
West Bridgford.

12th. March, 1926.

To the Chairman and Members of
The West Bridgford Urban District Council.

Gentlemen,

I have now the honour of presenting to you my
Annual Report for the year 1925.

An order from the Ministry of Health, Article
14 (3) states: "A Medical Officer of Health in respect of
"the district for which he is appointed shall as soon as
"practicable after the 31st. day of December in each year make
"an Annual Report to the Local Authority up to the end of
"December, on the sanitary circumstances, the sanitary
"administration and the vital statistics of the District,
"containing, in addition to any other matters upon which he
"may consider it advisable to report, such information as may
"from time to time be required by the Minister."

The Annual Report for 1925 is requested to be a
"Survey Report" and should deal with the measure of progress
made in the area during the preceding five years, in the
improvement of the public health. I give you therefore a
comparison of the Births and Deaths rates, population and
other matters as reflected by a survey of the past five years.

The Order further states that the size and scope
of the Survey Report may properly vary with the character of
the areas. The elaborate details of a Report upon a large
town will not be necessary for a Report upon a small Urban or
Rural District.

Annual Report

Please circulate as
possible.

This somewhat eases my task.

In my Annual Reports I have always endeavoured
them, apart from the statistical portions, of interest
to whom they are addressed.

Six copies of the Annual Reports of all Medical
Officers of Health should be sent to the Secretary, Ministry
of Health, Whitehall, London: one copy to the Under-Secretary
of State, Home Office and one copy to the Medical Officer of
Health of the County in which the district is situate.

I also send a copy to all the Medical men
practising in the parish and to others who I think are interested
in the welfare of your parish and the comfort and happiness of
its residents.

West Bridgford still maintains its popularity as
a pleasant and healthy residential district. There was during
the year a great increase in building: 170 houses, mostly of
residential character, and others of an industrial class, were
built and many more are in course of erection.

The most important event during the year was the introduction of the Electric Light. Many houses have had this installed, especially those of the owner-occupied class. The ordinary tenant, unless he has a long lease, is not likely to incur the expense of installing electric light. A mutual arrangement between landlord and tenant might get over this difficulty, as by doing so, the landlord would to some extent benefit, as the provision of electricity must increase the capital value of his house. Until, however, the Nottingham Corporation can see its way to considerably reduce the price for lighting purposes, the demand is likely to remain disappointing.

Many other important schemes were envisaged during the year, in connection with Town Planning, allotments, new roads, etc., which are likely to be carried out during the present year. The work of your Council is of a most important and progressive character and is carried on with spirit and determination. Unfortunately, during the latter part of the year your Council was deprived of the services of Mr. Redgate, your esteemed Clerk, owing to his serious illness and also of the valued services and sound advice of Mr. Aylett, whose return to the Council Meetings after a prolonged illness was warmly welcomed.

The area of West Bridgford is 1123. acres.

Rateable value is £90,263. The sum represented by a penny rate is £376 gross.

The District Rate for the last half year was 2/7d in the £.

Poor Rate was 3/4d in the £.

POPULATION

Mr. Simons, your Rate Collector, informs me that on 30th. June last there were 3954 houses in the parish. Of these 758 were on the Lady Bay Estate. Of the total number 46 were unoccupied, these being presumably all for sale. The total number of tenanted houses is therefore 3908. The increase for the year ending at the above date was 147.

If we take as before the average number of inhabitants to each house to be 4 (the census of 1921 shewed only 3.82 per house) we get a population of 15,632.

The estimated population for the past five years is as follows :-

1921	13260 (Census)	yearly increase
1922	13423	163
1923	13586	163
1924	15128	1542
1925	<u>15632</u>	504

It is difficult to explain the great increase of the population for the year 1924 over the preceding year.

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VITAL STATISTICS.

BIRTHS. 238 births were registered, 125 boys and 113 girls. Of these 238 births no fewer than 115 were the offspring of Mothers from outside the parish who were confined in one or other of the two Nursing Homes in the parish. The net births credited to the parish are therefore 123.

There were 10 illegitimate births.

The birth-rate is 7.9 per 1000 inhabitants. The following are the tables for the past 5 years :-

	<u>Net Births</u>	<u>Rate</u>	<u>Illegitimate</u>
1921	163	12.3	5
1922	137	14	5
1923	125	8.8	10
1924	125	10	18
1925	123	7.9	10

The number of births in England and Wales was 758,131 in 1923, and 729,923 in 1924, shewing a steady fall.

DEATHS. 137 Deaths were registered, 70 males and 67 females. The monthly distribution was as follows :-

January	9 deaths
February	7
March	17
April	9
May	12
June	5
July	9
August	11
September	11
October	9
November	19
December	19
	<u>137</u>

The severe weather experienced during the last two months of the year was the cause of the high mortality during these months.

The Quarterly Returns were as follows :-

1st. Quarter	33 deaths
2nd. "	26 "
3rd. "	31 "
4th. "	<u>47 "</u>
	<u>137 deaths</u>

The chief causes of death were as follows: -

Tuberculosis	<u>10</u>	deaths
Other Diseases of the Lungs, e.g. Pneumonia, Bronchitis, &c.	20	"
Heart Disease	24	"
Cerebral Diseases	21	"
Cancer	18	"
Arterio-Sclerosis	5	"
Diabetis	3	"
Old Age	8	"
Prematurity	6	"

There were 5 uncertified deaths, 3 Inquests and 2 Suicides. The age distribution was as follows :-

		<u>Deaths</u>
Under one year	 	9
1 to 10 years	/	1
10 to 20 "	/	1
20 to 30 "	///	3
30 to 40 "	 //	7
40 to 50 "	 /	11
50 to 60 "	 	24
60 to 70 "	 /	36
70 to 80 "	 	30
80 to 90 "	 	<u>15</u>
		<u>137</u>

The above diagram shews vividly the age mortality during the various decades of life. It shews the small number of deaths during the first half of the allotted span of life and the comparative large number of deaths of people well advanced in life - both excellent signs of a healthy and well ordered community.

We arrive at the "net" mortality for the year under consideration as follows :-

Total deaths registered 137. There were 32 of our parishioners died away from home, chiefly in the various Hospitals. There were 17 deaths of persons from outside the parish. Thus we get $137 + 32 - 17 = 152$ (net mortality).

The net deaths during the last 5 years were:-

1921	128
1922	125
1923	128
1924	140
1925	152

The yearly increase of the number of deaths is of course due to the increase of population.

The net deaths rate is 9.7 per 1000 of the population. This for the last 5 years was as follows:-

1921	9.7	per	1000
1922	9.2	"	"
1923	9.0	"	"
1924	9.25	"	"
1925	9.7	"	"

The rate appears to vary very slightly.

I would call attention to the number of deaths from Cerebral Haemorrhage (Apoplexy) in middle aged and elderly folk, because this is, to a certain extent, preventible. It would be a good plan if every man and woman on reaching middle life, should have their blood pressure taken. Medical advice in such cases with regard to eating, drinking, smoking and exercise would be of very great value and help to lessen the mortality from a very serious & disabling condition and sooner or later certain death. Of the 15 cases of Apoplexy, 9 were males and 6 females. The average age of both sexes was 67.

INFANT MORTALITY.

9 Children died before completing the first year of life. Of these 4 were from outside the parish. The infant mortality for the parish was 5. Most of these deaths were of children born prematurely. The rate is 41 per 1000 births.

The rate for the past 5 years was as follows:-

1921	63	per	1000	births
1922	35.5	"	"	"
1923	16	"	"	"
1924	58	"	"	"
1925	41	"	"	"

INFECTIOUS DISEASES.

64 cases were notified as follows:-

Scarlet Fever	16	cases
Diphtheria	7	"
Tuberculosis	17	"
Pneumonia	16	"
Erysipelas	4	"
Encophalites Lethargica	2	"
Enteric Fever	1	"
Ophthalmia	1	"
	<hr/>	
	64	"
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The cases notified during the past 5 years were as follows:-

1921	78	
1922	64	
1923	106	(Chicken Pox Epidemic)
1924	80	
1925	64	

SCARLET FEVER.

16 cases notified. There was no death. All cases were treated at home. Quite recently a new anti-toxin has been discovered which, if administered in the early stage, brings down the temperature and the patient makes a rapid recovery. It is further claimed that it considerably shortens the period of convalescence. The use of this serum requires further study, both to confirm its usefulness and to determine the proper dosage. It is also said that there are fewer late complications.

During the third quarter of the year, owing to the carrying out of Structural repairs, the Basford Sanatorium was closed to cases of Scarlet Fever from your own and other parishes. Arrangements were made with the Nottingham Corporation to admit our cases of Scarlet Fever during this period of suspension to the Bagthorpe Isolation Hospital. The suspension applied to cases of Scarlet Fever only.

The number of cases notified during the past 5 years is as follows :-

1921	40 cases
1922	25 "
1923	18 "
1924	18 "
1925	16 "

showing a steady decline.

SMALL POX. The parish remained free from this scourge, although it was quite prevalent in the northern parts of the County and in Derbyshire. It appears to be of a mild character. Compulsory removal to an Institution can now be enforced. If the patient refuses, a Magistrate's Order for a period not exceeding three months can be had, with, if necessary, an extension on a further application.

DIPHTHERIA.

Only 7 cases were notified during the year. No fatalities. Diphtheria, especially if severe, is still fatal to young children especially during the first five years of life. It can now be prevented. A simple method, painless and harmless, has been discovered called the Scheck test. This test shews whether a child is able to resist the diphtheria germ. If not able, the child is inoculated and so protected against the disease. The inoculation is followed by no constitutional disturbance. Clinics have already been opened in several parts of the country, where parents have an opportunity of having all children under 5 years of age protected free of charge. To obtain complete protection, the child must be inoculated once a week for three weeks. The results have been striking. The number of children so protected who have taken the disease is quite negligible.

Your Council is prepared to supply anti-diphtheric serum gratuitously in necessitous cases, but so far I have had no request for this. The number of cases notified during the past 5 years is as follows :-

1921	11 cases
1922	12 "
1923	8 "
1924	6 "
1925	7 "

TUBERCULOSIS

17 cases notified, 16 of Tuberculosis of the Lungs and one of the Bladder. There were no fatal cases during the year. Two cases of Tuberculosis were admitted to the Basford Sanatorium and two to the Ransom Memorial Sanatorium. Five cases were discharged from the latter.

ISOLATION HOSPITALS are incapable of eradicating disease but they do provide a means whereby infectious cases can be removed from unsuitable or overcrowded surroundings and so prevent the spreading of the disease. It is a comfort to know that your Council has the opportunity of sending any such cases to the Basford Sanatorium.

ENTERIC FEVER.

Only one case notified. The patient was removed to Hospital where he died. Although the case was registered as one of Enteric, there seemed to be some doubt whether this diagnosis was correct. The disease is now and has been for years very rare.

PNEUMONIA.

16 cases notified. The severe weather during the last two months of the year helped to account for the prevalence of this and other respiratory disorders. 20 cases of Respiratory disorders proved fatal, so that the mortality was very high, especially amongst elderly people.

Cases notified during the past 5 years were as follows:-

1921	5 cases
1922	6 "
1923	7 "
1924	16 "
1925	16 "

MEASLES.

Some scattered cases occurred during the year. but there was no epidemic. The disease is not now notifyable, so it is difficult to get correct information as to its prevalence.

ENCEPHALITES LETHARGICA

2 cases notified. This is comparatively a new disease. Its increase throughout the country is a very grave matter. The cases reported in 1924 actually exceeded those of

the preceding 5 years put together. It spares neither age nor sex, and when not fatal it leaves most disastrous mental and bodily results. The mortality ranges from 20 to 50 per cent. The disease has been notifyable since 1918. Its degree of infectivity is of a very low order.

CANCER. 18 cases were notified, 4 males and 14 females. Women are much more liable to Cancerous diseases than men. The Breast and the Uterus are the chief organs attacked. Cancer is a disease of middle life and old age. It is very rare in young people, but becomes more frequent as age advances. The average of the 4 males was 65, and of the women 61.

No definite cause of this disease is yet known, but a new conception of its cause has quite recently been advocated, and it is interesting to know that this discovery is the work of a young investigator and research worker (Dr. Gye) who was born and brought up in Long Eaton. This conception of cancer "links together all our knowledge, concerning the cause, removes all the apparent contradictions and explains all the essential features of this disease. It is the first adequate explanation of the causation and growth of Cancer and points the way to further progress."

NURSING ASSOCIATION

Nurse Watkins, the very excellent and efficient District Nurse, paid 233 visits during the year, the patients being chiefly chronic cases. Two of these died, both of Hemiplegia.

SCHOOL CLOSURE.

It was not found necessary to close any of the schools or any departments thereof during the year.

A recent memorandum by the Ministry of Health to Medical Officers of Health with regard to this subject says:- "If during epidemics of infectious disease the power to exclude individual children from school be used to the best advantage, it is only in special and quite exceptional circumstances that it will be necessary to close a school in the interests of public health." I heartily agree with this view. It is useless as a means of checking the spread of disease. Closure is nearly always deferred until a large proportion of the children are already absent.

Even in those cases where early class closure has been tried, after the occurrence of a single case, experience shews that the only effect is to postpone and prolong the epidemic.

DAIRIES & COWSHEDS.

These have been visited month by month, purposely at irregular intervals, by your Assistant Surveyor. His reports are considered satisfactory.

The value of pure milk as a nutritive food for all classes has lately become emphasised. "Drink more milk" and "eat more fruit" are two present day popular slogans. Pasteurised milk is now being sold extensively in the parish.

In my last Annual Report (1924), I gave the opinion of an eminent professor of Bacteriology with regard to pasteurised milk. This opinion was a very unfavourable one. In May last Dr. Chalmers Watson, M.O.H. for Glasgow, stated that "pasteurisation has the defect of diminishing the nutritive value of the milk and makes a fifth-grade for ordinary milk, which may contain tubercle and other bacilli and also gross impurities. Such milk, it is held, is only suitable for use when cooked." Personally, I am still unconvinced as to the value of pasteurisation.

A circular has been issued by the Minister of Health covering new Regulations (1925, No. 757) dealing with the prevention of the spread of infection through the handling of milk by persons suffering from tuberculosis. The principal provision is that no person who is aware that he is suffering from tuberculosis of the respiratory tract shall enter upon any employment or occupation in connection with a dairy which would involve the milking of cows, the treatment of milk, or the handling of vessels used for containing milk.

Any affected person who is in infectious state, and is engaged in such employment or occupation, may be required by the local authority to discontinue his employment or occupation. If he considers himself aggrieved, he may appeal to a Court of summary jurisdiction which will have power to direct that he be examined by a medical practitioner nominated by the court. It is therefore essential that the Medical Officer of Health before taking action, should be in a position to shew that he has taken all reasonable steps in his power to obtain satisfactory medical evidence including a report by a pathologist as to the presence of tubercle bacilli in the patient's sputum. The weak point in the Order is that a dairy does not include a shop or other place in which milk is sold for consumption on the premises only.

During the year I drew the attention of your Council to the desirability of cutting down or severely pruning many of the trees in the front and back gardens of the houses, especially in the older parts of the parish. Shrubs and dwarf trees only should be grown in the front gardens. These trees have been allowed to grow to such a size that they block out sunlight and currents of fresh air from the houses.

The subject of the beneficial influence of sunlight, both natural and artificial, on the health of the community was considered of sufficient importance to be discussed at the last Annual Meeting of the British Medical Association. I hope your Council will take advantage of any powers it may possess to act in this matter. Posters displayed throughout the parish dealing with this question might prove effective. The trees on the public highways should also be kept at a reasonable size and height. The improvement in Rushworth Avenue and George Road where the trees have been pruned, is very marked. Under Section 23 of the Public Health Act 1925 and under certain conditions, a local authority can serve notice on the owner or occupier requiring him within 14 days to top or cut. If he defaults, the local authority can take action and recover the cost.

FOOT & MOUTH DISEASE.

This disease has been prevalent in many parts of the country for two years and is still with us, but fortunately there was no outbreak during the year in your parish. Although many theories as to its causation have been advanced, the real cause has not yet been discovered. The slaughter policy still holds the field.

ALLOTMENTS.

There are now over 400 gardens in the parish and your Council is about to provide for a considerable additional number, to the extent of 25 acres in different parts of the parish.

The whole subject is, however, at present under consideration with a view to its total reorganisation. 9½ acres close to the sewage farm have been purchased, part of which will be reserved for gardens. The remaining portion is not to be used for building purposes, as it is not desirable that dwellings should be erected in close proximity to the farm.

The West Bridgford Allotment and Garden Holders Association is a very live force and has frequent interviews with your Council Allotment Committee. It has been calculated that approximately every eighth householder is a garden holder. The value of the crops raised during the year under review was estimated to be between £5000 and £6000.

SCAVENGING.

Upwards of 3000 tons of dry refuse were burned during the year. Your Council is considering the question of extensions of the Sewage Disposal Plant owing to the increased needs of the parish. The efficiency of the arrangement for the removal and disposal by burning of house refuse remains satisfactory. There are now no privies or cesspools in the parish.

DISINFECTION.

There were 29 disinfections of houses, clothing, etc., also one disinfection from the Bingham Rural District. Steam Disinfection is at once available on application for the disinfection of bedding, clothing, etc.

HOUSING STATISTICS.

20 Notices were served under the New Restriction Act requiring repairs, but no certificate was given, the work being carried out on request in every case.

Number of dwelling houses in which closing orders became operative, Nil.

25 Notices were served requiring certain defects to be remedied. Of these, 23 were concerned with sanitary defects and 2 concerning the sale of food.

LICENSED PREMISES.

Your parish holds the unique position of having only one public house. Any attempt to get an increase of licensed Premises has always met, and will continue to meet, with fierce opposition.

AMBULANCE.

The Ambulance Brigade is now an efficient and very useful corps. 25 Cases were attended to during the year, 20 of illness and 5 of accidents. At the present time, members of

the brigade are undergoing a course of First-Aid instruction by Mr. Sutton.

The Basford Sanatorium supply Ambulances if required for the removal of patients to this Institution.

FIRE BRIGADE.

The Brigade was called to four fires during the year, none of which were of a serious character. The Brigade has been recently re-organised and now numbers, one Captain, one Officer, and eleven men. These men now occupy houses on the Housing Site.

In concluding this Report, I wish to thank the Members of the Council and also my fellow officials for the kindness and consideration I have received from them during the year, and to the latter for the help they have given me in drawing up this Report.

I have the honour to remain.

Your obedient servant,

WALTER HUNTER, M.D.,

Medical Officer of Health.

